



Health In Idaho: A State Profile 2011

State of Idaho — Department of Health and Welfare — Division of Public Health

General Health

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-64	65+
who reported their general health as “fair” or “poor.”	14.8	13.9	15.7	10.6	14.8	22.6
without health care coverage.	21.9	22.2	21.6	34.7	20.9	1.6
without dental insurance.	47.8	47.4	48.1	44.0	40.4	68.7

Chronic Disease Prevalence

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-64	65+
ever diagnosed with diabetes.	9.4	10.3	8.4	2.4	9.9	20.5
ever diagnosed with and still had asthma.	9.3	7.4	11.2	9.5	8.7	10.8
ever told they had arthritis.	22.7	19.7	25.7	5.7	24.1	50.5

Chronic Condition Prevalence

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-64	65+
ever told they had high cholesterol.	38.6	40.8	36.5	13.2	38.9	57.3
ever told they had high blood pressure.	29.4	31.2	27.7	12.5	30.2	58.9

Health Risk Behaviors

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-64	65+
who did not eat five fruits or vegetables per day.	82.7	87.0	78.5	84.7	82.1	80.9
who did not participate in leisure time physical activity.	20.9	19.5	22.3	16.9	19.9	31.0
who were overweight (BMI \geq 25).	62.0	68.1	55.5	47.1	69.7	67.9
who were obese (BMI \geq 30).	26.7	25.5	27.9	21.4	30.9	24.0
who were binge drinkers.	17.1	22.7	11.6	26.9	14.7	4.9
who were heavy drinkers.	6.5	7.9	5.2	8.6	6.2	3.6
who were current smokers.	16.9	19.2	14.7	22.0	16.7	8.2
who used illicit drugs in the past 12 months.	4.3	6.4	2.4	11.1	3.5	0.5

Preventive Behaviors

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-64	65+
who have not had a cholesterol check in the past 5 years.	31.8	33.4	30.2	60.9	22.9	6.5
who had not visited a dentist in the past 12 months.	30.6	33.7	27.8	30.6	29.8	32.5
who had not had a routine checkup in the past 12 months.	44.3	49.0	39.6	59.0	42.7	20.9

Idaho Department of Health & Welfare Behavioral Risk Factor Surveillance System

What is it?

The Behavioral Risk Factor Surveillance System (BRFSS) is a method to help identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs.

The BRFSS uses a standardized telephone survey of adults aged 18 and older. The survey is conducted by all state health departments, the District of Columbia, Puerto Rico, the Virgin Islands, and Guam with assistance from the Centers for Disease Control and Prevention (CDC). The BRFSS began in 1984 and is the largest continuously conducted telephone survey in the world, monitoring preventable chronic diseases, injuries, and infectious diseases.

Recent Changes to BRFSS

Two changes were made to BRFSS in 2011 that will ensure its data remain valid and accurately represent its target population of adults 18 and older. First, BRFSS began including interviews completed on cell phones. Since 2003 the proportion of adults living in cell phone-only households has increased. Including cell phone calls in the BRFSS study design ensures a more accurate representation of the BRFSS study population.

Second, BRFSS began using a statistical data weighting method called "iterative proportional fitting," also called "raking." In the past BRFSS used a weighting method called "post-stratification." The new BRFSS weights now assure users that the distribution of sample will properly represent the state distributions with respect to age group by gender, detailed race/ethnicity, education, marital status, home owner/renter status, gender by race/ethnicity, and age group by race/ethnicity.

Due to these improvements, 2011 estimates may vary slightly from previous years. Shifts in observed prevalence from 2010 to 2011 for BRFSS measures may simply reflect improved methods of measuring risk factors, rather than true trends in risk-factor prevalence.

Acknowledgements

The Idaho Department of Health and Welfare would like to thank the citizens of Idaho who have participated in the Behavioral Risk Factor Surveillance System.

This project was funded in part by a grant from the Centers for Disease Control and Prevention, number 1U58SO00005501, and administered via a cooperative agreement with the Idaho Bureau of Vital Records and Health Statistics.

For more details on this project or any of the survey results, please contact the Bureau of Vital Records and Health Statistics at (208) 332-7326.

Costs associated with this publication are available from the
Idaho Department of Health and Welfare
HW-1206 July 2012